

Patent Claims

1. Apparatus for training the human body, or training device, characterized by an arched sheet-form element (1) having a largely rectangular outline, the arch or curve enclosing an angle of at least approximately 30° .
2. Apparatus as claimed in claim 1, characterized in that the arch or curve is at least nearly uniform, and the element has approximately the same thickness or wall thickness all over.
3. Apparatus as claimed in one of claims 1 or 2, characterized in that the arch or curve encloses an angle of approximately $30 - 180^{\circ}$, preferably approximately $60 - 100^{\circ}$.
4. Apparatus as claimed in one of claims 1 to 3, characterized in that the length of the element (1) along the bent edge (2) is approximately 60 - 120 cm, preferably approximately 70 - 90 cm, and that the width is approximately 40 - 80 cm, preferably approximately 45 - 60 cm and the thickness of the element is approximately 1.5 - 4 cm, or preferably 1.5 - 2.5 cm.
5. Apparatus as claimed in one of claims 1 to 4, characterized in that the element is at least nearly dimensionally stable, and is fabricated of wood, a polymeric material, such as a reinforced polymer, or of a light metal, such as for example aluminum, and the edges are preferably rounded on all sides.
6. Apparatus as claimed in one of claims 1 to 4, characterized in that the element is slightly elastic and is fabricated of a correspondingly slightly elastic wood or a correspondingly slightly elastic polymer,

and all edges on all sides are preferably rounded.

7. Apparatus as claimed in one of claims 1 to 6, characterized in that the angle enclosed by the arch or curve is approximately 90° , the length of the bent edge (2) is approximately 80 cm, the width approximately 50 cm and the thickness of the element is approximately 2 cm.
8. Apparatus as claimed in one of claims 1 to 7, characterized in that the arch or curve is circular, oval or elliptical.
9. Apparatus as claimed in one of claims 1 to 8, characterized in that the surface of the convex side (4) is provided with a damping layer, comprised, for example, of an elastomeric material, such as rubber, latex, elastomer polymer, foamed material or another suitable natural damping substance or a polymer, and that the concave side (3) is implemented such that it is slip-resistant as well as optionally the terminal support edges (9) which are preferably provided with a non-slip edge protection (8).
10. Apparatus as claimed in one of claims 1 to 9, characterized in that on the element grip handles (6), holes (7) and the like are provided.
11. Method for the production of an apparatus as claimed in one of claims 1 to 10, characterized in that a substantially rectangular plate of wood, a polymeric material or of a light metal, such as aluminum, is bent into the appropriate form.